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The Aiki Singularity: Transformative Power (Paperback)

By S E Meredith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The commanding heights of genius in any field seem remote, but it is written: What man has done, man can do. THE AIKI SINGULARITY is an analytical probe into the common foundation of internal power conditioning that connects the unearthly martial skills of peerless Japanese martial arts phenomenon Sagawa Yuki Yoshi (1902-1998) to the legendary internal masters of 19th century China. THE AIKI SINGULARITY deconstructs and reassembles the hidden energy that unites all internal martial arts training, and teaches radically simple experiential methods for understanding and maximizing the universal power. Key movements and essential insights from Tai Chi, Xing Yi, Daito Ryu Aiki-Jujutsu and other arts are assembled into three exceptionally effective regimens of internal conditioning. Each regimen consists of a primary drill and a cluster of related supplemental extensions that deepen and massively intensify the energy experience of each. The work is supported by voluminous references to the writings and teachings of legendary old-time masters of the internal arts. Is this an advanced book? Yes and No. Yes - in the simple sense that some terminology from prior works...



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